

DANCING AS PART OF THE PUBLIC SCHOOL COURSE

Take any of the public schools—for instance, the Wadleigh High School, the newest and largest of the high schools—having a roll of nearly three thousand—and spend a morning in the gymnasium and you will be convinced of the popularity of the course in physical culture. You will also be struck by the wide awake expressions of the pupils' faces, as compared with the dreamy or wandering or tired looks of the children in the classrooms.

The pupils were going through their exercises in dancing when THE SUN reporter and artist entered one of the three Wadleigh gymnasiums the other day. Miss Josephine Beiderhase, the head instructor, explained the different motions.

"We begin the first year with the merely elementary steps like those any one who has ever attended dancing school is familiar with; the point step, the change step and the combination as in the polka step," she said. "We have a regular mazurka series—a schottische, the polka, the Highland fling, and besides these the advanced pupils learn many of the folk dances, the Irish, Swedish, German, which introduce a number of other steps, many of them with a symbolic meaning.

"In seeing these dances and learning them, a girl also learns a great deal about the people, the differences in national traits, methods of living and thought, but that is, of course, merely incidental and outside the regular class work. The course takes only thirty-five minutes twice a week, not a long time to spend on physical development, surely not enough to cause a hush and cry, and certainly not enough to do the girls any harm."

While the girls changed from the mazurka steps to the Highland fling, which gave them an opportunity to use arms and legs with a little more vigor, if not more grace, some of the teachers expressed their views on the subject of this feature of educational work.

"It is absurd—the old idea, that education consisted of a certain amount of information concerning arithmetic, geography, spelling and grammar," said one. "The real education is the harmonious development of every part, and our experience with the gymnasium work in the school is that the physical helps the mental very much."

"After a girl has been studying for a while, the drill in dancing and with apparatus rests her, and she goes back to her desk with her blood circulating properly, her brain invigorated, and she takes up the sum she laid down in a discouraged mood with renewed power of application."

"We have been accused of spending too



TESTING FOR THE FLAT FOOT.

much time and overtraining the girls. That is impossible in the class work for the

short time when it is worn does not seem to injure the foot in the least." The teacher turned her own well-shaped ankle and disclosed a gymnasium shoe with a half inch heel. "I think this is really the ideal shoe, for it obviates the danger of becoming flatfooted."

"As soon as a girl is ready for her gymnasium work she is examined for flatfoot. She takes off her shoe, places her foot on the gymnasium floor, which has always a slight coating of dust on it, and then places her foot on a sheet of white paper. If the outline of the entire sole is there she is flatfooted; if only the sole and heel are visible she is all right."

After the dancing drill came exercises with Indian clubs.

"Every teacher of gymnastics," said Miss Beiderhase, "adopts certain exercises and makes experiments of her own. The Swedish movements were strictly Swedish movements in the beginning, but they have become much modified in our school."

"This Indian club drill is an innovation of my own with the leg movement, and it was used for a moving picture which was sent to the Paris exposition. The leg movement, the only new part, gives the advantage of balance and gives the lower part of the body development at the same time the upper part is being exercised."

"The drill the pupils like the least is what we call the corrective drill, which is really the Delsarte theory of putting the muscles in opposition. It is ordinarily done without music, has element movements and is

designed, as its name implies, to correct deficiencies of growth and development. It is like the five finger exercises a pianist employs to put himself in a state of suppleness before his real work begins."

Long ropes with big knots at the ends were at this moment let loose and a dozen girls began to climb them with the alertness of monkeys. The teacher watched them carefully, and occasionally, when one became too strenuous in her efforts to reach the top, called her down.

"It is only for the younger girls that seem to be able to climb well," she said, "after a girl has passed 14 and the lower part of her body becomes heavier she has difficulty in raising herself by her arms. Consequently, we do not encourage the older ones to try."

"The Swedish ladder is liked really better than the ropes, for it is not such a strain on arm muscles and gives practically the same results. We have also a fire drill with ladders, on which the pupils are taught to go up and down with great celerity, and they practise sliding down the fire escape ropes."

The music from the piano, a stirring march, called the girls from their other exercises and again they formed, this time in two and two, and with freely swinging bodies, the foot raised and moved back and

"That is, no dances are taught to be given by couples except the steps with the hands held two by two, in rows facing the instructor. We do not wish that there should be any suggestion in their minds of parties and all that; while the steps are practically the same as those taught by the best dancing masters, the work is entirely class work, as we distinguish it from the other."

Asked as to the real, not the theoretical, effect of the gymnastic work, and especially the dancing, the teachers one and all agreed that the work deserved great praise even from the standpoint of those who are still tenacious of the old ideals of education.

"Modern life," said one, "demands much more of the pupil than the life of a generation ago did. People have to be more alert, they have to know how to get on or off a car that may start in a hurry. They have to realize the exact distance of moving vehicles; they have to be able to jump and turn and twist themselves out of every form of possible danger."

"They can only do this by having their muscles under absolute control; to be ready for any emergency, whether of fire or flood. A woman cannot faint now in the moment of real danger, as she used to in old-fashioned novels, which presumably pictured life as it was. No, she has got to jump, and jump



IN A DANCING CLASS.

the long room, turned and came back, at the end reforming into rows for the pirouette into which they threw a coquettish abandon.

"We do not have any social dancing in the schools," Miss Beiderhase went on.

quick, and as likely as not take the man with her.

"The age of mechanics has made great demands on the physical system and, conservatism to the contrary, she must be trained for these new demands."

"Gymnastic exercises teach how to utilize the organic vigor, how to train to quick and definite reaction. It makes a progressive demand upon muscular effort, complexity of movement, and power of heart and lung; it teaches above all, concentration, the mental quality the growing child, with her quick imagination, needs more than anything else, and it also teaches obedience, not the grudging obedience that one often sees in class rooms."



WOMEN ON THE TRAIL OF CIGAR BANDS

If you see a young girl, or even a grown woman, swoop upon something lying on the street do not think that she has found a prize. In all probability she is simply one of those with the craze for making cigar band decorated plates, and has found a bit of material.

The favorite hunting ground is on Broadway from Fourteenth street to Forty-second street, and along Forty-second to the Grand Central. More people travel over this route than any other stretch of street in the city.

The hunters usually go out in pairs, and one takes the inside and the other the outside of the walk. Then they march along, looking on the sidewalk and especially in the entrances of cigar stores for the bands. Some of the bolder do not hesitate to sally in and grab a coveted one if they notice it lying on the floor.

The women who make these plates were quick to find the hunting grounds. They did not purchase enough different brands of cigars to meet the demands. The dealers in the vicinity had too many calls to be able to favor everyone. So resourceful women ventured out. They found that men would usually throw the band on the sidewalk. Now the sidewalk is gone over carefully and bands of all sizes, shapes and colors are found and pasted on glass dishes, plates or bowls.

The favorite band is the big red or brown one that comes on some of the largest Cuban cigars. Any of the bands from the Havana or Key West cigars are snapped up, and even the bands from the cheaper domestic brands are not neglected. But as the object of most of the makers is to "save rare bands and bands from costly cigars, Broadway is scoured in search of them."

The Agent Universal

There is needed a new profession. One celebrated establishment in London is known as a place that will provide anything; and even an order for a second hand coffee, the result of a wager—was promptly filled.

The great department stores, however, have sufficiently met such demands as are reasonable in this direction. What is still required is a general agency, and the new profession is that of general agent.

The general agent should be prepared to carry out all reasonable orders, from a shopping commission to an errand of preliminary inquiry. He should engage servants, find houses, sites or rooms. He should be ready to travel or to stay put. He should sell old clothes or buy diamonds, as might be required.

Disagreeable interviews that are capable of being conducted by others than the principals; family reconciliations that need only the tactful intervention of the disinterested; negotiations for small loans; demands for the return of borrowed books or umbrellas; the answering of advertisements; putting of catalogues—all such affairs would fall naturally into the category of the general agent's business.

Of course the line between the legitimate and the outlawed would be carefully preserved.

Let us suppose the timid suitor needed a go-between. With proper instruction, the suave and urbane he would be fairly happy to save and urbane to win his diplomatic interviews the intractable father in an entirely official manner—only disclosing the name of his principal if matters take a favorable turn.

Or, your estimable neighbor keeps an abominable dog that howls all night. Instead of entering upon an unneighborly row you send for the general agent.

He, again not disclosing the principal, argues forcibly against the creature of the locality, and presses the matter apparently *pro bono publico*, really for your interest.

Then, too, the agent would make it his business to find out the best place to obtain trout flies, let us say; or waterproof shoes; for which purpose he would keep well up in the advertisements of the day.

He should be able to warn you against suspected articles, and to report upon the need and the cost of repairs or renewals.

In short, he might, to his own profit and your great gain, do all the things that no one wishes to do for himself, and can hardly ask his friends to do for him.

He should be the walking encyclopaedia of practical life.



ATTRactions OF THE SWEDISH LADDER.

but the quick military obedience that fellows right on the command.

"The old idea was to keep a child bent over a desk studying hour after hour, the only rest a change of studies, but with no perception of the demands of the physical system. The old Greek idea of the harmonious development of the whole is the basis of modern thought and modern training."

"The work of the gymnasium teacher is not so easy as it sounds. It is necessary to study each pupil with great care, to know the weak and the strong points, to strengthen one and to prevent the other from being too much in evidence. She must note every change in the physical condition, keep herself in perfect training for arduous work and be ready to adopt every improvement in apparatus or in free gymnastics, and at the same time not get so carried away with her work that she forgets it is only a part of the great scheme of general culture."

"There are many subjects vital to the pupil," said another of the instructors, "which I have noticed in my gymnastic work, have attracted their attention, but which I am sure would not have done so ordinarily. They become more attentive to the matter of bad air, they know when a wrong note is struck. In larger matters it is the same, such as absolute cleanliness of the body. They realize, as they cannot do from merely class work, the bad results of tight clothing and bands on any part of the body, the interference with respiration, circulation and digestion, the effect of fatigue and the value of rest as a change to activity."

One of the girls, who was changing from her gymnasium suit to her everyday gown, stopped long enough to say convincingly: "If we didn't have the gymnasium I should not come to school," and her dictum was repeated by a number.

Later, in the wide entrance hall, the principal laughed away the idea of the time ever coming when such parts of the general education as physical training, dancing, etc., would be or could be abolished.

"It is natural that there should be criticism of existing methods. Education is some-

thing which comes very near the heart of most of the citizens, for it touches the home and the child. Every onward step will be subjected to assault, but we are on the right path to the proper harmonious development; there can be no question as to that."

And the last word heard, the woman's last word, was from the lips of a ruddy cheeked maid, who was saying to her companion as they made for the outer world: "I'm going to practice home; I don't get half enough time here. I think it's a shame we have this short time to spend at a time, and only twice a week."



THE ATHLETIC GIRL IN VACATION TIME.

CLUB WOMEN TRYING TO SAVE A NEBRASKA MRS. MAYBRICK

LINCOLN, Neb., May 13.—A second Mrs. Maybrick, she the clubwomen of Nebraska, is Mrs. Lena Margaret Lillie, who is serving a term of life imprisonment in the State penitentiary for the murder of her husband. Thoroughly convinced that the woman is the victim of a terrible blunder of justice, the clubwomen have taken up the matter of securing for her a new trial or a pardon.

At the coming meeting of the State Federation plans for enlisting the support of all of the women of the State in the movement will be adopted. The first step will be to raise money to employ counsel to present the matter to the Supreme Court, with the proffer of new evidence that has been gathered since that tribunal decided that there was no doubt of her guilt under the evidence presented at the trial.

The initial step has been taken by clubwomen of Lincoln. Mrs. Lillie was at one time active in club affairs.

She was a former schoolteacher and later the fashionable dressmaker of the town of David City, where her husband was a grain dealer on a small scale. The murder for which she was sentenced was committed in October, 1902, but the case was so stubbornly fought in the courts that she was not brought to the penitentiary until a few months ago.

There she was visited by former friends, acquaintances made in club work. They have become convinced that she is telling the truth and they propose to help her. If the courts will not act, a monster petition will be presented to the Governor asking for her pardon.

"A committee from the Federation," says Mrs. H. M. Bushnell, president of the State association, "has visited Mrs. Lillie at the prison and heard her story. We have cross-examined her at length and asked her all sorts of questions, and we are convinced that she is an innocent and greatly wronged woman."

Her case bears a striking analogy to that of Mrs. Maybrick. Both were falsely accused of the same crime, the killing of a husband. Around both have been woven strong webs of purely circumstantial evidence.

"Mrs. Maybrick, after many years of

effort, proved her innocence. We propose to do the same thing for Mrs. Lillie. American justice moves not so slowly as that of England, and we hope to accomplish something in a short time."

"We shall ask first for a rehearing at the hands of the Supreme Court. Twice that court has declared its conviction that the evidence justified the jury's verdict, but we shall present some new facts of a pertinent character."

"Mrs. Lillie wants and we desire to give her a chance to prove her innocence, but if justice bars the way we propose to appeal to mercy. We propose to take the matter to the women of the nation, and if necessary to move the courts or the Governor to act, we shall bring their powerful influence to bear."

"The woman had but little money when the tragedy occurred, and her parents, once well-to-do, have spent all of their property in trying to save her. An appeal to the women of the country will shortly be made."

As an earnest of their belief and of their desire to help, a number of women here have given orders for summer dresses to be made by Mrs. Lillie. Soon after her reception at the prison, she was put to work sewing for the inmates. In a short time she organized the women of the prison into a sewing club and later, under permission of the warden, she was allowed to take work from outside.

Her skill as a dressmaker is such that she has more orders than she can fill. All of her surplus earnings, above the daily task she is required to do for the warden, she keeps, as is the rule with all the convicts.

Mrs. Lillie's husband was killed in bed one morning. Mrs. Lillie was the only known person in the room with him. Her story, told to the other members of the household, was that she was awakened by the shot that killed her husband.

She started up to find a tall stranger with a gun pointed at her. She pulled out of bed just a second before he pulled the trigger, and the bullet whistled harmlessly over her and out through a window. Then the man vanished.

The night before, she says, Lillie brought \$400 home with him. This fact was known to a certain man, who has since left David City, the scene of the murder, and before going to bed Lillie expressed fear of this man's robbing him. The money was gone the next morning.

Unfortunately for the woman's story, the bullet entered Lillie's head on the side toward the wife, while the bullet holes in the wall, curtain and screen, instead of showing

a downward direction, as they would if the shot had been fired from where she says the man stood, indicated that the missile had been headed upward; the hole in the screen being higher than that in the pane.

The State's theory was that Mrs. Lillie, while lying by her husband's side, shot him. Then, turning over, she fired the second shot out of the window to give verisimilitude to her story. As a corroborative circumstance, it was shown that the curtain had been scorched, which the State asserted would have been impossible if the revolver had been behind her.

Mrs. Lillie did not take the stand in her own defence. It was shown that she had been gambling in options on the Chicago Board of Trade, privately telephoning her orders to a local broker and cautioning him not to let her husband know.

She had lost \$1,000 in a few months. Lillie was heavily insured. Here was the motive, the State said, to get more money with which to gamble and retrieve her losses.

Mrs. Lillie says now that it was an error on her part not to testify. She desired to do so, but her attorneys told her it was unnecessary, that the evidence did not justify a verdict of guilty and that she need not undergo the mental and physical strain. She now realizes that her silence told against her.

Mrs. Lillie is 40. She has a daughter.

New Field for Business Woman.

From the Philadelphia Record.

Women, especially widows, drift into strange lines of work to make a living for themselves, but there are few who have chosen a stranger occupation than a Mrs. Harris of this city.

Last winter, when, deserted by her husband she found that she must earn a living for herself and children or become dependent upon relatives who could ill afford to provide for her. Her husband had kept a large force of men busy in the boiler cleaning business. His principal patrons were steamboat owners and captains. Mrs. Harris took charge of her absent husband's office, in search of claims to his whereabouts, and in the mail she found many orders to clean steamship boilers.

The work was urgent; there was no time to waste, so she called her husband's employees together and told them she was going to continue the business, and asked their loyal cooperation, which they were glad to give, inasmuch as they knew their own livelihood in a measure depended upon her success. She made one of the men foreman, and then proceeded to the boiler cleaning business, and after a short time, and after closing a contract, sent her men to work. The plucky young woman, after several months in business, says she never had so much money in her life.

Only Males on This New Yorker's Farm

85 Per Cent. of His Calves Are Bulls—Chicks Nearly All Roosters—Hired Man's Children Boys—An Eveless Eden Not Due to Hydrocarbons.

The manager of one of New York's great dry goods stores, who has a farm near Brewster, N. Y., is much interested in the contention of Director Smith that the Central Park menagerie is becoming an Eveless Eden because visitors feed hydrocarbons to the animals.

"I am not disputing Mr. Smith's argument that peanuts and sweets predetermine the sex among animals," said he. "He may be perfectly correct. I only want to state the sad conditions on my farm, and I can't give a reason for them. They are just like the conditions at the menagerie, although my live stock has had nothing but ordinary food."

"There are 300 acres on the farm, which is situated on a ridge and is carefully stocked with the best cattle and poultry that money can buy. I have been there seven years, and all that time I have suffered a plague of too many males."

"I have 100 cows, and of their calves 85 per cent. have been bulls. I brought thirty-two heifers there from other parts of the country which were about to calve, and they produced the usual number of heifers, but since then they have given me nothing but bulls. I didn't purpose to spread these young bulls of fine breeding along the countryside, so I had to sell them in the market or raise them as steers. Young bulls whose grandfathers sold for \$12,000 brought about \$37 from the butchers. It was useless for me to keep more than one out of twenty of them."

"All these are of the finest Ayrshire stock. The president of the Ayrshire Association laughs at me every time he sees me and asks how the bulls are. He knows that it is almost impossible for me to raise a heifer on my farm."

"With sheep it has been worse. If possible, I have a flock of thirty. Some ewes have had two lambs, some one, and twenty-six of them have been males. The men on the farm have got so used to the state of affairs that when a heifer or a ewe lamb is born there is a celebration."

"I have tried my best to raise chickens, but the chicks are nearly all roosters. You know what that means to a farmer. My turkeys, raised for the holiday tables of myself and my friends, with hardly an exception, turned out to be toms. A hen turkey may bring 25 cents a pound when a tom turkey sells for 15. The meat of a hen turkey is far superior to that of a

male bird.

"The hoodoo affects even the carrier pigeons which I thought would be an ornament to the place. The females were in the majority when I bought the pigeons, but they produced nothing but males. The result was that the males flew away to find mates and my loft was deserted."

"My cat had a litter of kittens and six of the seven were toms. There is a fine place for hogs on the farm, but after observing the course of events in the other branches of livestock, I have decided not to try hogs just yet. Boars, except when they are in the suckling stage, are of no use for the market, having a strong odor."

"But that is not all. When I started the farm seven years ago I took on a hired man who had just been married. He was with me until recently, and while in my employ became the happy father of five boys. He moved away and a girl came. Another man who has worked for me four years has had three boys come to cheer his life, but no girls."

"Exclusive masculinity has extended even to the vegetables on my farm. The corn came up only in stubs and a learned professor whom I consulted told me that it was male corn."

"My neighbors are not troubled the way I am. Perhaps that is because my farm is apart from theirs and on higher land. I have different luck on my farm on Lake Champlain, but I am going to keep away from there as much as possible, lest I bring the strange influence or suggestion or whatever it is."

"I might say in conclusion, that I am the father of four boys, but I don't see what bearing that has on the puzzle. The boys were not born on the farm near Brewster."

Scarcity of Church Draftsmen.

From the Milwaukee Sentinel.

"This is a busy year with us," said William C. Jones, a church architect, "as we have at present contracts to furnish plans for forty-three churches in eleven different States. I am in from Memphis to-day and leave to-night for Detroit and then a short tour through New York State. The church drawback in the business just now is the limited supply of competent draftsmen to church work exclusively, and for that reason a man with simply a knowledge of mechanical drafting is of no use to us."

"Our best workmen in this line come from Germany, where there is a long tradition of study in Gothic architecture. There is no school in this country which teaches it."